

"What's Happening" BERGVLIET



"Don't waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy."

~ Roy T. Bennett ~

Dear Residents,

I hope you all had a good week. The weather has so far given us a bit of a mixed bag but with the official Spring Equinox on Sunday, lets hope we can look forward to some great weather leading into next weekend when we will have have our Heritage Day/Rugby Spit Braai on Saturday the 28th. Residents who are not keen rugby supporters are most welcome to join just for the meal.

Rugby fans, remember that Australia is facing off against New Zealand early tomorrow morning followed by the Currie Cup final at 16h00, and then the big game between the Boks and Argentina tomorrow night at 23h00. Lets hope the boys can continue their fine form and follow the ladies Boks with a second win for the week.

Reminders for next week include:

WEDNESDAY

Riaan's Fruit Van will be back for his weekly visit so you have another chance to stock up on those fresh fruits and veggies.

THURSDAY

Sister Sharon will be available for her weekly visit and Naturally Pampered will be here to treat all the ladies.

SATURDAY

Join us for the Heritage Spit Braai. The spit will be going from early for those who just want to come and enjoy the "gees" before the rugby starts at 17H00.

Wishing you all a great week ahead.

Regards,
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village

SONNENHOF BISTRO

Weekly Lunch and Dinner Menu

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

WEEKLY ACTIVITIES

| | | | | |
|------------------------|---|--|---------------------------------------|---|
| MON 23 SEPT | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | 14h30 CLUBHOUSE CANASTA | |
| TUE 24 SEPT | | BISTRO CLOSED DUE TO PUBLIC HOLIDAY | 14h00 CLUBHOUSE SCRABBLE | |
| WED 25 SEPT | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | 13h00 LAWN RIAAN'S FRUIT VAN | |
| THUR 26 SEPT | 09h00 BISTRO NATURALLY PAMPERED | 12h00 BISTRO LUNCH | 14h00 LIBRARY ART CLASSES | CLINIC SR SHARON ADAMS  |
| FRI 27 SEPT | | 12h00 BISTRO LUNCH | | |
| SAT 28 SEPT | 10h00 CLUBHOUSE LAWN BOULE | | 15h00 BISTRO SPIT BRAAI | 17h00 BISTRO RUGBY SA VS ARG |
| SUN 29 SEPT | | CLUBHOUSE LAWN BOULE | | |

BIRTHDAYS

2 OCT ERNEST MITCHELL – H25
 3 OCT PETER SAMPSON – H71
 8 OCT MICHAEL PITT – H63
 9 OCT CLAUDIA BURCHELL – H40
 9 OCT AMANDA BESTER – H34
 11 OCT JILL HINDE – H15
 12 OCT CHERYL VERMEULEN – H14



ANNIVERSARIES

22 SEPT DAVID & MARYON DRAUDE – H28





Sonnenhof

LUNCH MENU
23 - 27 SEPTEMBER

MONDAY

Beef curry served with sambals rice and seasonal vegetables
or
(V) Macaroni and cheese with seasonal vegetables

TUESDAY

Grilled Prego chicken fillet with mashed potato and seasonal vegetables
or
(V) Spinach and feta quiche with salad

WEDNESDAY

Slow-roasted pork belly with rice and seasonal vegetables
or
(V) Creamy cabbage, carrot and zucchini with spaghetti

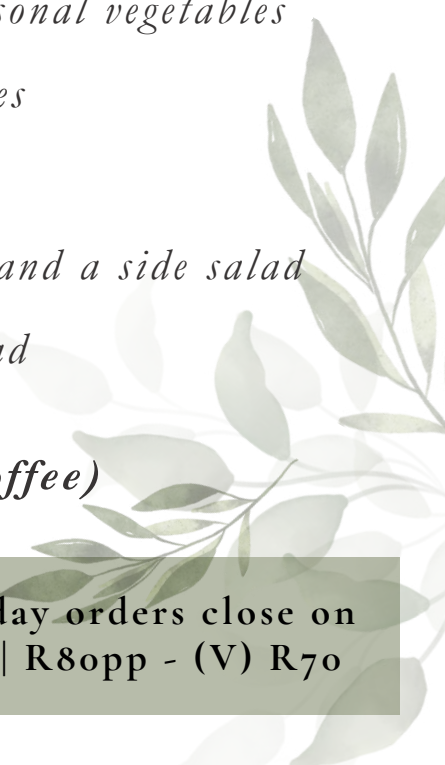
THURSDAY

Beef & cabbage stew with mashed potatoes and seasonal vegetables
or
(V) Vegetable stir-fry with egg noodles

FRIDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) Lentil burger with chips and salad

(includes a glass of house wine or coffee)



Bookings close the day before the meal at 14h00. Monday orders close on a Friday at 14h00 | Book at Reception or on ext. 3200 | R80pp - (V) R70



Sonnenhof

DINNER MENU
1 OCTOBER

Main Course

Pistachio-Crusted Beef Fillet

*with blue cheese sauce, mashed potato, carrot puree
and chef's choice vegetables*

Or

Roast Parmesan-Crusted Chicken Fillet

*with blue cheese sauce, mashed potato, carrot puree
and chef's choice vegetables*

Dessert

Traditional Homemade Peppermint Crisp Tart

Or

South African Cheese Plate

with crackers and dried fruit



Bookings close the day before the meal at 14h00
Book at Reception or on ext. 3200 | R195pp



Riccan's **FRUIT VAN**



DATE:

WEDNESDAY, 25 SEPTEMBER

TIME:

13H00 – 13H45



CANASTA

On Friday, 27th September, the Canasta Night
will be held in the Clubhouse.

TIME: 19H00

**Players are welcome to bring
their own drinks.**

BOOK AT RECEPTION OR ON EXT. 3200





SA VS ARG

THE RUGBY
CHAMPIONSHIP

HERITAGE DAY SPIT BRAAI

It's Heritage Month and what better way to embrace our culture and those from around the world than with a braai and a great game of rugby!

Join us for a Spit Braai and watch the Bokke face-off against Los Pumas in the final match of the Rugby Championship.

SATURDAY, 28 SEPTEMBER

"KUIER" FROM WHEN THE FIRE IS LIT
MEAL SERVED AT 15H00
MATCH BUILD-UP AT 16H30
KICK-OFF AT 17H00

MENU | R175PP

Lamb spit | Curried chicken sosaties
Potato bake | Summer salad |
Roasted vegetable and cous cous salad
Coleslaw | Selection of fresh cocktail rolls

Peppermintcrisp tart | Koeksisters | Ystervarkies

BYOB | no drinks included

BOOK AT RECEPTION OR ON EXT 3200 BY 23 SEPT